

The diagram shows a 20x18 meter obstacle course with 20 numbered stations. Each station contains a specific physical education exercise. The course is marked with a green dashed line and includes various obstacles like cones, a figure-eight, and a path with arrows.

Skillt nr.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Øvelse.nr.	62	19	46	12	11	14	55	61	40	60	33	9	16	52	42	57			18 x	25 meter